

My Life Worksheet

Name: _____ Class: _____ Date: _____

A. About Me

1. My name is _____.
2. I am _____ years old.
3. Three words that describe me:
 - _____
 - _____
 - _____
4. My favorite activity is _____.
5. Something I am good at is _____.

B. My Feelings

Complete the sentences.

1. I feel happy when _____.
2. I feel proud when _____.
3. I feel worried when _____.
4. When I am upset, I can _____.

C. My Good Habits

Put a ✓ next to the habits you practice.

- | | | |
|--|--|--|
| ☐ I brush my teeth twice a day. | ☐ I eat healthy food. | ☐ I exercise or play regularly. |
| ☐ I keep my things organized. | ☐ I help others. | ☐ I speak politely. |
| ☐ I complete my work on time. | ☐ I get enough sleep. | |

One habit I want to improve:

D. My Strengths

Write three things you are good at.

1. _____
2. _____
3. _____

One skill I want to learn:

E. My Goals

My Short-Term Goal

Something I want to achieve soon:

My Long-Term Goal

Something I would like to achieve in the future:

How will I achieve my goal?

F. Being a Good Person

Write one way you can:

Help your family:

Help your friends:

Help your community:

G. My Future

When I grow up, I would like to be:

Why?

H. My Positive Promise

Complete the sentence:

"I promise to _____

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